

Shape of My Heart

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Easy Intermediate - smooth
編舞者: Christina Yang (KOR) - September 2014
音樂: Shape of My Heart - Sting



Start the dance after 32 counts

SECTION 1: LF DIAGONAL SYNCOPATED FORWARD CHASSE, RF DIAGONAL SYNCOPATED FORWARD CHASSE, FORWARD ROCK, RECOVER, LONG STEP TO BACKWARD, 3 TIMES OF BACKWARD WALK

1-2& LF diagonal forward, RF cross behind LF, LF forward
3-4& RF diagonal forward, LF cross behind RF, RF forward
5&6 LF forward rock, RF recover, LF long step to backward walk
7&8 RF backward, LF backward, RF backward

SECTION 2: COASTER STEP, FORWARD, FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE STEP, CROSS BACK ROCK, RECOVER, SIDE STEP, 1/4 TURN TO L WITH BACKWARD, RF CLOSED LF

1&2 LF backward, RF closed to LF, LF forward
3 RF forward walk
4&5 LF forward rock, RF recover, 1/4 turn to L with LF side step
6&7 RF cross back rock, LF recover, RF side step
8& 1/4 turn to L with LF backward, RF closed to LF

SECTION 3: FORWARD, WEIGHT TRANSFER TO RF, FORWARD, FORWARD, WEIGHT TRANSFER TO LF, FORWARD MAMBO, BACKWARD MAMBO

1-2& LF forward, weight transfer to RF, LF recover
3-4& RF forward, weight transfer to LF, RF recover
5&6 LF forward, RF in place, LF backward
7&8 RF backward, LF in place, RF forward

SECTION 4 : FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE LONG STEP

1&2 LF forward rock, RF recover, 1/4 turn to L with LF side long step
3&4 RF backward rock, LF recover, 1/4 turn to L with RF side long step
5&6 LF forward rock, RF recover, 1/4 turn to L with LF side long step
7&8 RF backward rock, LF recover, RF side long step

SECTION 5: CROSS FORWARD, SIDE, CROSS FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER AND 1/2 TURN TO R WITH SWEEP

1-2& LF cross forward RF, RF side, LF cross forward,
3&4 RF side rock, LF recover, RF cross over LF
5&6 LF side rock, RF recover, LF cross over RF
7-8 RF side, LF recover and 1/2 turn to R with sweep

SECTION 6: SAILOR CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

1&2 RF cross behind LF, LF closed RF, RF cross over LF
3&4 LF side rock, RF recover, LF cross over RF,
5&6 RF side rock, LF recover, RF cross over LF
7-8 LF side rock, RF recover

SECTION 7: FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SAILOR TURN, FORWARD ROCK,

RECOVER, 1/4 TURN TO R WITH SAILOR TURN,

- 1-2 LF forward rock, RF recover and 1/4 turn to L with LF sweep
- 3&4 LF cross behind RF, RF closed LF, LF diagonal forward
- 5-6 RF forward rock, LF recover and 1/4 turn to R with RF sweep
- 7&8 RF cross behind LF, LF closed RF, RF diagonal forward

SECTION 8: FORWARD ROCK, RECOVER, TOGETHER, FORWARD ROCK, RECOVER, TOGETHER, ROCKING CHAIR

- 1-2& LF forward rock, RF recover, LF together RF(weight on LF)
- 3-4& RF forward rock, LF recover, RF together LF(weight on RF)
- 5-6 LF forward rock, RF recover
- 7-8 LF backward rock, RF recover

RESTART & TAG

On the 4th wall, you should dance until 16 counts and start again after 2 times of Tag.
The Tag step is 2 times of forward walk and start again.

Contact - E-mail: chrisjj0618@yahoo.com - <http://www.youtube.com/user/thetrianglelinedance>
